

Wolverhampton Start for Life

Building a healthy future



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Wolverhampton Start for Life Services

The Start for Life Offer provides information in one place, to help families to identify the support and services that will help them give their babies the best possible start in life.

All families need some help to give their babies the best start in life. Whether it is from healthcare professionals or volunteers, family or friends, there is a diverse range of support and services available.

If you would like any further information or help accessing Start for Life services, please contact us using the details on the back of this booklet.

Midwifery Care

New Cross Hospital's Maternity Unit provides women with care throughout their pregnancy, during baby's birth and after baby is born.

Whether this is your first or you've already experienced Maternity services, the Maternity Unit will support you to access the care you want throughout your pregnancy journey.

If you want any part of your care to be with New Cross Hospital, you can self-refer yourself via Badger Notes here:



Complete the form as fully as possible – some fields are mandatory and you won't be able to continue without completing them.

Once New Cross Hospital's Maternity Unit receive your completed referral, they will triage it based on the information you have provided and a Midwife will

be in touch to arrange your booking appointment. In the meantime, if you have any concerns about your pregnancy please speak to your GP.

You can also use this to refer a pregnancy on behalf of a woman.

For non-urgent queries call your community midwife.

If you experience any of the following symptoms contact the Maternity Triage Unit straight away on **01902 695037**:

- Severe constant abdominal pain
- Vaginal bleeding
- Your waters have broken
- Severe headaches
- Blurred vision or see spots in your eyes
- Persistent itching
- Changed or reduced fetal movements

If you are concerned about your health during your pregnancy, call 111 or visit:

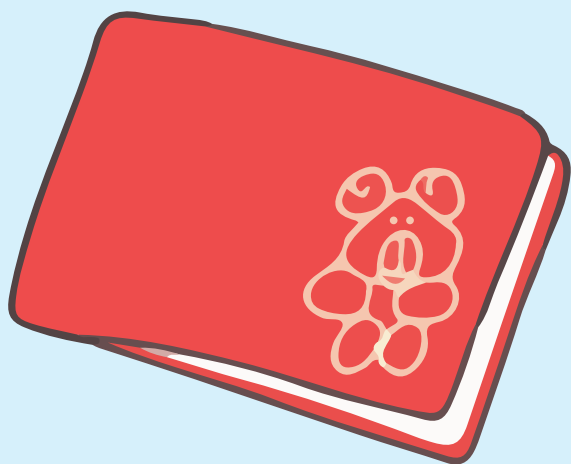


In an emergency situation you should attend your local hospital Emergency Department or dial 999 (UK).



Health Visiting

Health Visiting is part of the Wolverhampton 0-19 Service, also consisting of the School Nursing Service, through which children and their families are supported at home and at school from birth to 19 years old.



Health Visitors help to keep babies and children aged from 0-5 years old, and your family as healthy as possible.

You would expect to see a Health Visitor for an assessment of your child's health, growth and development at 10-14 days, 6-8 weeks, around 9-12 months, and between 2-2.5 years.

You don't need to contact the service directly to arrange these assessments, they will contact you.

We realise being a parent can be full of challenges and you may need extra help from time to time.

The service is here to offer this help when you need it, for example, if your child is ill, having difficulties with feeding, sleeping, toileting and behaviour.

Health Visitors can also help parents / carers with issues such as their own emotional health.

If you find you are having significant difficulties, for example if your child has a Special Educational Need or Disability (SEND), a medical condition, or perhaps there are concerns about the safety of your child, the 0-19 Service will be involved in ensuring your child is safe and getting the care they need.

You can contact the team by ringing the Single Point of Access (SPoA) Hub on 01904 441057. You can call for support with:

- Appointment changes / updates
- Change of contact details
- Advice about babies and preschool children regarding toilet training, sleep, introduction to solid foods, diet, exercise and behaviour
- Development concerns
- Breastfeeding support
- Parenting concerns, advice, and support

Infant Feeding Peer Support

The Royal Wolverhampton NHS Trust promotes breastfeeding as the healthiest choice of feeding, beneficial for both mothers and their babies.

Many pregnant women find it very helpful to attend a breastfeeding support group before the birth of their baby, to talk to other mothers, ask questions and meet breastfeeding supporters.

New mothers also value support groups to gain practical breastfeeding support and information from peer supporters, and to meet other mothers to share their experiences.

Run by Wolverhampton's Infant Feeding Team and 0-19 Health Visiting Team, the face-to-face support groups operate on a drop-in basis, so there is no need to book to attend.

Partners, friends, and family members are welcome to join you.

Find out what date and time breastfeeding support groups take place via the Healthy Child Wolves app, or find updates on the Wolves 0-19 social media pages.

Support after having a baby

You may experience low mood or 'baby blues' during the first couple of weeks after having your baby. This could include anxiety or restlessness, feeling irritable or touchy, or emotional and teary for no apparent reason.



These feelings are common and are often due to the hormonal and chemical changes that take place in your body after childbirth.

For most women, these feelings will only last for around two weeks.

- If you continue to feel low after two weeks following the birth, then you may have postnatal depression. If you are worried, then it's important you talk to your GP or Health Visiting team
- **Wolverhampton Talking Therapies** is a psychological therapies service for people who are experiencing common mental health problems such including depression, anxiety and stress. If you are aged 16 years or older, are registered with a GP in Wolverhampton and are not already accessing another service to support your mental health, please get in touch

Anyone can self-refer online using the online referral form.

The service offers you a choice of treatments based on Cognitive Behavioural Therapy (CBT). This is a very practical and effective approach to help people manage their difficulties.

Local Offer

The Special Educational Needs and Disability (SEND) local offer provides information in a single place for children, young people, their parents and carers.

Provision is available, within Wolverhampton Libraries & Community Hubs as well as City of Wolverhampton Council Civic Centre, to support access to the Local Offer.

You can find information on what services children, young people and their families can expect from a range of local agencies including:

- Special educational provision
- Health provision
- Social care provision
- Other educational provision
- Training provision;
- Travel arrangements for children and young people to schools, colleges and early years education; and
- Preparing for adulthood, including housing, employment and leisure opportunities.

Visit the local offer here:



Safeguarding

If you are worried that a child has been harmed or is at risk of harm then phone Wolverhampton Safeguarding Together on 01902 555392 (Monday - Thursday 8:30am – 5:00pm and 8:30am - 4:30pm on Fridays). For out of hours concerns, phone 01902 552999.

Members of the public can discuss their concerns in confidence and if necessary, anonymously. If a child is in immediate danger, then call 999 for a police response.



Family Hubs

A Family Hub is a place where children, young people and their families can go to access services from different agencies in their local area.



About our Hubs

The people working in the Family Hub will be able to give you information or advice and help you to find and get support from different services in the area. A range of services are provided from within the Family Hub, for example:

- Child development
- Infant feeding support
- Emotional health and wellbeing
- Stay and play sessions
- Parenting support
- Housing support
- Benefits and welfare rights advice
- Employment and training
- SEND support
- Out of school activities
- Birth registrations
- Adult education

Getting help from a Family Hub is simple. You can walk in, telephone or a professional can refer you. If you need help using the 'Healthy Child Wolves' app or have limited access to technology, you can visit your local Family Hub for support.

Family hubs will be open from Monday to Friday, with some services offered at evenings and weekends. Access to services will also be provided from other locations in your community.

Parent / Carer panel

Wolverhampton has been selected to further improve services for families to access family hubs. The parent/carer panel are looking for local people to contribute ideas to develop services and identify gaps. To find out more, please visit the Family Hubs website via the QR code on the right.

To contribute into this exciting opportunity, please contact Reeta Shemar:
Reeta.Shemar@wolverhampton.gov.uk / 07890 397678

Our Eight Hubs

There are eight Family Hubs across the city. Family Hubs services will also be delivered through other sites across Bilston.



1. **Eastfield Family Hub**, Colliery Road, WV1 2QY
2. **Rocket Pool Family Hub**, Rocket Pool Drive, WV14 8BH
3. **Graiseley Family Hub**, Pool Street, WV2 4NE
4. **Bingley Family Hub**, Norfolk Road, WV3 0JE
5. **Whitmore Reans Family Hub**, Lansdowne Road, WV1 4AL
6. **Dove Family Hub**, Grangefield Close, WV8 1XF
7. **Low Hill Family Hub**, 26-28 Fourth Avenue, WV10 9LZ
8. **Children's Village Family Hub**, Graiseley Lane, WV11 1PE

Scan this code using your phone camera to find out more about your nearest Family Hub.



The Royal Wolverhampton
NHS Trust

Tips for parents of 0-5s

Download the Healthy Child Wolves app for tips, advice and signposting.



Checks and vaccinations

Common illnesses

Healthy eating for the whole family

Behaviour

Your emotional health and wellbeing

Safer sleep

Keeping my child safe

First aid

Teething and dental health



Available free from the App Store or Google Play. Find out more at www.royalwolverhampton.nhs.uk/healthychild

Includes a sleep and feeding tracker.

For more information

For information, advice, support and health promotion from Wolverhampton 0-19 Service you can follow us on social media:



Facebook
@Wolves0to19



Instagram
@wolves_0to19

Contact Number: 01902 441057

Email Address: rwh-tr.0-19service@nhs.net

For activities, information, events and updates from Wolverhampton Family Hubs, Start for Life & the Family Hub Network you can follow us on social media:



Facebook
@WolvesSFH



Facebook
@WolverhamptonToday



Instagram
@wolverhampton_today

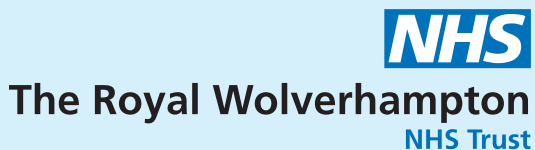


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New Cross Hospital, Wolverhampton, WV10 0QP Tel: 01902 695377.